

Essex County Herald.

WHAT
you buy is important, but not so
important as what you get.
Shop at the
CROSS STREET PHARMACY.

VOL. XXXIV

ISLAND POND, VT., FRIDAY, SEPTEMBER 14, 1906.

NO. 13

Essex District Probate Court.
Said Court will be held at
Island Pond, on the second Tuesday of October and
the second Tuesday of November, and the second
Tuesday of December, and the second Tuesday of
January, and the second Tuesday of February, and the
second Tuesday of March, and the second Tuesday of
April, and the second Tuesday of May, and the second
Tuesday of June, and the second Tuesday of July,
and the second Tuesday of August, and the second
Tuesday of September, and the second Tuesday of
October, and the second Tuesday of November, and the
second Tuesday of December, at any place to be
determined by the Court.

W. H. BISHOP,
Notary Public with Seal
Island Pond, Vt.

DALE & AMEY,
Attorneys
Island Pond, Vt.

H. W. BLAKE,
Attorney
Island Pond, Vt.

MAY & HILL,
Attorneys & Counsellors at Law,
Island Pond, Vt.

SEARLES & SMITH,
Attorneys at Law,
Island Pond, Vt.

R. W. SIMONDS,
Lawyer
Island Pond, Vt.

A. ELIE,
Physician and Surgeon
Island Pond, Vt.

H. E. SARGENT
Physician and Surgeon
Island Pond, Vt.

W. J. WHITEHOUSE, M. D.
Physician and Surgeon
Island Pond, Vt.

E. N. TRENHOLME, D. D. S.
Dentist
Island Pond, Vt.

G. E. CLARKE,
Undertaker Funeral Supplies
Island Pond, Vt.

L. W. STEVENS,
Licensed Auctioneer,
Deputy Sheriff
Island Pond, Vt.

E. A. BEMIS,
Deputy Sheriff
Island Pond, Vt.

S. MOODY,
Watchmaker and Jeweler,
Island Pond, Vt.

RE-PAN-S Tablets
Doctors find
A good prescription
For mankind.

**CHICHESTER'S ENGLISH
PENNYROYAL PILLS**
DIAMOND BRAND
Beware of
Counterfeits.

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THIS IS THE TIME OF YEAR

you get out your last
winter suit, and wonder
if it will do to wear. It
is all right but the pants.
YOU NEED A PAIR
OF OUR FAMOUS
SWEET ORR
PANTS.

\$2 2.50 3.00
3.50 5.00

L. F. JONES,

Clothier and Furnisher, Opera House Block.
ISLAND POND, VERMONT.



TIME FOR STUDY AND SLEEP

Number of Hours by Which the Best
Results are Obtained.

Mothers know that the newborn
infant must sleep about twenty-two
hours, and that this amount is so
slowly lessened that the child still
demands twelve hours when it is
about twelve years old. It is quite
likely that the normal amount is
not reduced to ten hours until about
eighteen years of age or perhaps
until twenty-one years. Nine hours
may be required until well along in
years.

To let boys of fourteen sit up
until 10 o'clock and then rout them
out at 6 is nothing short of criminal,
but it is a long established custom.
Lower animals can be quickly killed
by depriving them of sleep—the boy
is not killed, but perhaps he is so
exhausted that he loses resistance to
disease. Medical students not in-
frequently make the same mistake,
forgetting that a tired brain never
absorbs anything. The midnight oil
frequently represents wasted time
and money and the student sleeps
during next day's lectures when he
should be wide awake. A good test
of exhaustion is the tendency to
sleep during a dry lecture—and this
is no joke.

Experience has proved that those
who retire in time to sleep at least
nine hours, and occasionally ten, get
far more out of their course than
the "grinds." Some of the best
men habitually take ten hours.
Theoretically a student should be
as fresh at the end of the term as
at the beginning—the vacation is
for another purpose than sleep. The
whole subject, though very old, is
so new to the laymen who do the
damage to schoolboys, particularly
in boarding schools, that there is
urgent need of wider publicity and
much discussion for enlightenment.
Not only will proper sleep permit
more to be gained for less effort,
but it will prevent the exhaustions
which so frequently follow school
courses.

Physicians might teach mothers
that it is harmful to waken children
of any age—they should waken in
the morning naturally. If they are
not in time for school they do not
retire early enough. If they are
sleepy heads it is either the fault
of the parent or the result of ocular
defects. There is much comment
upon the large number of midship-
men who fail at the Naval academy
in a course not worse than in many
colleges. It is suspected that they
would do better if they had ten
hours' sleep daily.—American Medi-

Conversation Censored.

It was a moonlight evening and
Jenkins was smoking a fine flavored
Havana, when he met a friend.

"Have a cigar?" he inquired.

"Thanks," said the other grate-
fully, taking and lighting the proffered
weed.

After a few experimental puffs,
however, the friend removed the cigar
from his lips, looked at it doubt-
fully, and, with a very evident
abatement of gratitude in his tone,
asked:

"What do you pay for these ci-
gars?"

"Two for 30 cents," replied the
original proprietor of both weeds,
taking his own cigar out of his
mouth and looking at it with con-
siderable satisfaction. "This cost
me a quarter and that 5 cents."

The conversation stopped at this
point, and a cloud conveniently shut
off the moonlight.

FIGHTING A PANTHER.

Cunning and Skill of the Lithe and
Agile Brute.

It was dark, and the windy dark-
ness was full of the mysterious
noises of the jungle. My shikari and
I were huddled silently on a plat-
form built in the boughs of a tree
on the edge of the jungle. Below
us the undergrowth was black and
still, for the moon had not yet risen.
Suddenly there was a movement as
though a portion of its blackness
detached itself from the rest and
began to creep away. Just at that
moment the moon rose and
revealed to us the lithe body of a
panther slinking through the under-
growth. A shot rang out, and with
a yelp of pain the panther disap-
peared into the bushes.

With the sunrise we descended
from the platform and began to
examine the panther's trail. The
effect of the shot was shown by the
patches of blood on the ground,
which led us through a couple of
hundred yards of thick jungle.
After crawling on hands and knees
under the brushwood we reached a
narrow nullah. A little beyond
this we came upon the wounded
panther scaling a tree. I fired, but
the range was too long and the shot
proved futile. The disturbance had
the result, however, of starting the
animal into falling from the tree to
the ground.

The shikari and I followed quickly
on its track. It led finally to a deep
and thickly wooded nullah, which
had taken the form of a horseshoe.
The panther entered the nullah at
the center of the bend and turned
along the left arm, growing angry
as it covered the ground in heavy
strides. We kept about twenty yards
from the nullah and skirted it along
the right until the top of the bend
was reached. Here a halt was made,
while I approached the nullah, the
panther growing away at the other
end, about 200 yards distant.

Then all was still. The animal
seemed to have vanished. Suddenly
it sprang out right from under my
feet, having doubled back along the
water course, without making the
slightest noise. Caught by surprise
I fired rapidly and stepped back to
avoid the animal's spring and in
so doing fell into the nullah. The
next moment the panther was on
me and had fixed its teeth in my
arm.

Suddenly my little fox terrier
Toby flew at the panther and fixed
itself on its back, tearing hard at
its neck. This diversion caused the
panther to leave me to attack the
dog, and I was able to stagger up
and out of the nullah and run to
where the native trackers were cov-
ering. There I fainted and was car-
ried back to the bungalow bleeding
from fourteen wounds.—Missionary
Press of Central China in Chicago
Tribune.

Blind to Signals.

A brakeman retired to a farm and
started to lead the simple life. Hav-
ing a piece of new land to break,
he hitched up a team of mules,
wrapped the lines around his waist
in farmer fashion and started to
work. He had gone but a short
distance when he saw a stump ahead
and immediately began giving the
railroad "stop" signal with both
hands. The plow struck the stump,
and the brakeman went head first
over the plow. Picking himself up,
he ran angrily to the mules and
roared, "You flop eared scoundrels,
don't you ever look back for a sig-
nal?"—Acheson Globe.

FRANCE AS A WORLD BANKER

Among other results of the Alge-
ciras conference France has come to
a consciousness of her real power in
the world at large. An English
financier had already said that if
the French people continue to live
on the principle, "Where you have
four sous spend only two," they will
end by having in their possession all
the coined gold in the world. The
great portion of it, which they al-
ready possess, and the distress
caused by German finance and in-
dustry by the patriotic refusal of
the united French banks to allow
their gold to be drawn until peace
was secured had a great and prob-
ably decisive influence in the happy
termination of this entangled affair
of Morocco. The floating of the
latest Russian loan has since come
to show yet further the riches of
France, to which tourists alone, it
is estimated, add 2,000,000,000
francs in gold each year. This
money power and money need should
lead to the keeping of European
peace more than all the theories of
the pacifists who clamor for a dis-
armament impossible to obtain. In
favor of France should also be added
the unyieldingness of parliamentary
government in case of sudden war
—Stoddard Dewey in Atlantic.

Who Are the Real Owners of a City?

It has been predicted that the
task of rebuilding the city of San
Francisco would be hindered and
made difficult by labor union re-
strictions. It has been remarked as
unfortunate that organized labor
now has control of the city's govern-
ment. Emphatically I dissent from
these pessimistic opinions. I regard
it as in the highest degree fortu-
nate, for the masses of the toilers
who must supply the labor that will
rebuild San Francisco, that their
representatives will have something
to say about how the work is to be
done.

I look to them to prevent the du-
plication of many miseries inflicted
upon the poor of the city, as upon
the poor of all great cities, through
huddled and insanitary housing in
narrow, dark, neglected back streets.
There is a dawning general con-
sciousness in this world that a city
belongs not to the few who take its
revenues, but to the many who
build and inhabit it; that, at any
rate, the few who take the revenues
are not solely to be considered; that
the many have some rights which
must be regarded.—Frank Putnam
in National Magazine.

A Wonderful Luck.

Ninety-six million years is the
time given to unlock a safe which
is fastened with the wonderful new
lock invented in Jamaica. The com-
bination consists of four sets of
twenty-four letters of the alphabet,
which can be set to a sentence in
most modern languages. When one
letter is used in one alphabet and
another in the second set, and so on,
it becomes a most complicated
matter. Then there is the initial
problem of which language it has
been keyed in to be solved by the
man that attempts to open the safe.
Furthermore, instead of letters the
inventor, one Neuman Tobias, has
employed four sets of numerals. As-
suming that the lock has been set to
a figure in the number of 3,030,303-
030,303,030, it would take any one
who undertook to unlock the safe
96,000,278 years 269 days 30 mi-
nutes and 30 seconds, working at the
rate of 60 numbers a minute, to ar-
rive at the proper combination.
During this time he would have no
time for food and sleep.—St. Louis
Post-Dispatch.


Fancy Table Ways.

We are getting dead swell in this
good town. We eat ice cream with
a fork. Some time ago we learned
to make salad at the dinner table.
Then we served coffee in the library
after dinner. We have had finger
bowls some dozen years. We are be-
ginning to use them even when
there is no company. One family
has finger bowls at breakfast, after
fruit and before bacon, even when
there is no guest at the house.
That's dead swell. We have drunk
soup out of a teacup and put grass
on the fried chicken, and now we
eat ice cream with a fork. Why
not? These little evidences of so-
cial progress are commendable.—
Columbia Herald.

Relic of the Constitution.

A valuable relic of the historic
old frigate Constitution has been
dug from the river bed of the Dela-
ware by the crew of a clam dredger
off New Castle, Del. It is a china
water urn presented to the famous
old fighting ship of the American
navy by the city of Philadelphia in
1797 and long ago lost and forgot-
ten. How the urn came to be at
the bottom of the river is a mystery.
On one side of the receptacle is the
coat of arms of the state of Penn-
sylvania, while on the other side is
the inscription, "Presented by the
City of Philadelphia to the Consti-
tution—1797."—Philadelphia Press.

A Sure Oven That's why the Glenwood "Makes Cooking Easy"



FOSS & COMPANY, ISLAND POND.
Your old range taken in exchange.

ALL OVER THE HOUSE.

Information as to the Use of Sweet
Herbs in Flavoring.

When a soup, sauce or vegetable
is to be flavored with an herb or
another vegetable the flavor should
be added toward the end of the
cooking period. Since the oils and
other bodies which give seasoning
vegetables and herbs their flavor
are volatile they are either driven
off by long continued cooking or
rendered much less delicate in
flavor. Herbs that are to be left
in the dish or served with the dish
must be added just before the food
is served. The herbs generally
served with the dish are chervil,
parsley, tarragon and chives.
Burnet, thyme, summer savory,
sage and sweet basil are cooked with
the dish a short time, not over
twenty minutes, and are then re-
moved.

Making Beds.

The practice of having beds made
in the early morning, though ex-
ceedingly tidy, is one which should
be discouraged, for it is bad. Con-
stantly we see a bed made half an
hour after the sleeper has left the
room, wherefore all the exhalations
from the skin during the night are
confined beneath the sheets and are
inhaled again when the bed is next
used. It is an excellent practice,
and one which ought to be encour-
aged in all young people, to turn off
the clothes of the bed immediately
on rising. The mattress, too, should
be turned back so that all may be
properly aired and quite cold be-
fore being remade.

Papering a Room.

When repapering a room it is
well understood that for sanitary
reasons all the old paper should be
removed. If this is not done it
should be remembered that grease
spots in the old paper may keep
the new from sticking well. If
there is a little break in the plaster
do not think that the damage is re-
paired by papering over it, for the
paper drawn tight like a drumhead
will break easily. Mix some plaster
of paris with water and fill the
places where furniture has gouged
a hole in the wall or a nail has
been driven. Right preparation of
surface means much in both paper-
ing and painting.

Utilizing Stale Bread.

Those who are trying to cut table
expenses should never throw away
bread. When it is too dry put it
in an iron skillet with plenty of
water. When it softens add a big
chunk of butter and a little salt,
sprinkled over, and let it remain
covered for awhile. It will stick
and brown. Loosen with a sharp
knife and turn. Every one likes it
with sirup or sauce for breakfast
or luncheon. It should be soft, but
not soggy, brown, not black, and
hot.

Hanging Dress Skirts.

To keep dress skirts from wrinkles,
if there are no patent hangers con-
venient, they should be folded down
the center front, then the doubled
skirt folded in thirds and a large
safety pin thrust through the folds.
The safety pin, when fastened, is
used as a hanger, and in this way
the skirt hangs straight, with no
strain on any part of the waistband.

Pickle Test.

If you suspect that pickles have
been colored with copper you can
satisfy yourself with a very simple
test. Put some piece of the pickle
into a vial containing a mixture of
equal parts of ammonia and water,
says the Portland Express. If there
is any copper present the liquid will
become blue in color.

To Clean Paint.

To clean paint damp a clean cloth
in hot water, dip it in whitening
and rub the paint until the dirt is re-

MOVED.

Rinse well in clean water,
dry with a soft cloth and polish
with a chamois leather. Paint
cleaned in this way looks like new,
and even the most delicate colors
are not injured.

Egg Shampoo.

Beat the yolk of an egg into a
pint of soft, warm water and use
the whole as a shampoo, rubbing
into the scalp well. Rinse in half
a dozen waters to remove all traces
of the egg. Use every fortnight. We
do not know that this lightens the
hair any more than other cleaning.

White Gloves Transformed.

White gloves that have got be-
yond cleaning can be painted over
with saffron water two or three
times and transformed into tan. Let
them get thoroughly dry between
each application and don't wet them
much.

Cleaning Chamois.

Never wash chamois skins in hot
water. Use cold water and avoid
soap, if possible. The skins clean
very easily as a matter of fact. This
applies also to chamois skin gloves,
which are so popular in summer.

FOR THE LITTLE ONES.

Spiders Are Intelligent Insects—How They Spin Webs.

Spiders are not only among the
most poisonous insects, but they are
seemingly the most intelligent.
There are very many varieties of
them. They have eight legs and
generally eight eyes. Some say they
can be educated. They display
wonderful strategy in trapping and
carrying off their prey and in build-
ing their nests. The silk they spin
is formed by an apparatus situated
in the back part of the underside
of their bodies, which consists of
several vessels twisted together and
ending in very little openings (so
small they have to be seen with a
microscope) at the end of the tail.
The gluey matter thrown out by
these pores hardens in the air, form-
ing threads of the finest description.
It takes many of these to form a
single strand of a spider's web. Dif-
ferent spiders have different colored
webs. A Mexican spider has a beau-
tiful web of red, yellow and black
threads. It is said that 10,000
threads of a common garden spider
would not be as thick as a single
human hair, while others form
threads so strong they will catch
birds.

What Is an American?

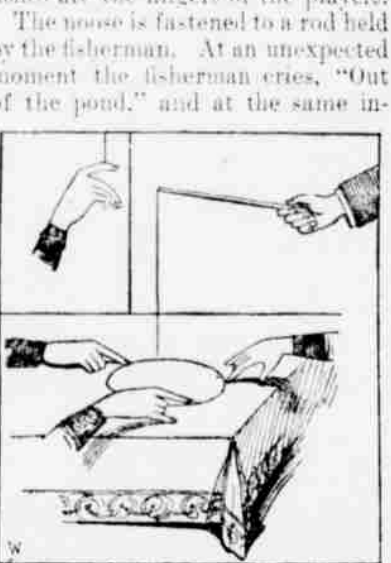
The term American is used to
designate, specifically, a citizen of
the United States, and yet some
strict constructionists hold that it
might just as reasonably be applied
to citizens of South America or of
Central America, as they are Ameri-
cans too. And they say the same of
the two countries. To call the
United States America, however,
and its citizens Americans is so well
established as a custom that the
terms would not be understood if
you used them in any other way.
There has been some discussion of
this question recently looking to
the selection of a better specific
term for citizens of the United
States, but it is not likely that a
change will ever be made.

Celluloid Not Explosive.

There is a widespread belief that
celluloid is explosive, but it is not,
in spite of the fact that it is made
largely of gun cotton. The material
is the cellulose of cotton cloth, or
raw cotton, which is treated to a
weak solution of nitric acid. This
has the effect of making a cotton
pulp much like paper pulp. The
acid is then washed out by a water
bath, and after the pulp has been
partially dried gum camphor is
mixed with it. The final step is to
roll it into sheets and dry it on hot
cylinders, when it is ready for the
market. Steam softens it, but it
hardens again when dry. If flame

Game of Fish Pond.

The pond is a portion of the table
bounded by a slip noose, and the
fishes are the fingers of the players.
The noose is fastened to a rod held
by the fisherman. At an unexpected
moment the fisherman cries, "Out
of the pond," and at the same in-



stant raises the rod quickly, thus
drawing up the noose and catching
such fish as have not been nimble
enough to escape to dry land.
The captured fish must pay for-
feits to be released.

An Impossible Feat.

Boys and girls may not know that
it is impossible to stand sideways
against a wall with the left cheek,
left heel and left leg touching it,
and then raise the right leg. Try
this, and you will have a good deal
of amusement out of it.

Camping Out.

Last summer we went
to live in a tent.
My father and mother and I,
And when I would choose
To take off my shoes
I could wade in the stream close by.
At night in the dark
I would be still and hark
To the frogs that were croaking so near,
And all the day long
I could hear the sweet song
Of the birds singing out their good cheer.
Our breakfast we ate
At half after eight.
On a cloth spread out on the ground.
We had little fishes
In brackish dishes,
And wild sweet berries I found.

One evening I heard
A remarkable bird
Singing high in a hickory tree,
And its song was, "Who, who?"
And I said, "I know you."
I am Tommy K. Jinks. Don't you know
me?" —Washington Star.

Doubtful Compliment.

A clergyman was about to leave
his church one evening when he en-
countered an old lady examining
the carving on the font. Finding
her desirous of seeing the beauties
of the church, he volunteered to
show her over, and the flustered old
lady, much gratified at this unex-
pected offer of a personally con-
ducted tour, shyly accepted it. By
and by they came to a handsome tablet
on the right of the pulpit. "This,"
explained the good man, "is a mem-
orial tablet erected to the memory
of the late vicar." "There, now!
Ain't it beautiful?" exclaimed the
adoring old lady, still flustered and
anxious to please. "And I'm sure,
sir, I hope it won't be long before we
see one erected to you on t'other
side!"—Scotch-American.

A Substitute.

Little Helen, aged four, was in a
frightful predicament. The nurse,
carrying the cherished two-weeks-
old baby up and down before the
house, had paused to show the new
infant to the bishop, who had asked
to look at it. And then the tall,
grave bishop, of whom Helen stood
greatly in awe, had unexpectedly
asked the little girl to give him the
baby. How in the world to refuse
a request made by such an awe-in-
spiring person as the bishop the
child did not know. But presently
she wrinkled her small countenance
shrewdly, moved closer to the po-
titioner, and said, ingratiatingly, "I'll
let you have the next."—Harper's
Weekly.